

PRESS RELEASE: June 4, 2009 FOR IMMEDIATE RELEASE
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St. Paul, Minnesota – June 4, 2009 – Charities Challenge, a 501(c)3 nonprofit organization, announces its 5th Annual **Challenge Cancer 5k - Celebration of Active Cancer Survivors, Saturday, June 6, 2009, at Como Lake, St. Paul, MN.**

The Challenge Cancer 5k - Celebration of *Active* Cancer Survivors is a **happily unique run/walk event honoring cancer patients and survivors who, because of how actively they take on their cancer as a challenge with their ongoing RxExercise regimens, can say “I’m More Than a Survivor”.**

For more information go to www.charitieschallenge.org

Race-day **registration opens at 7 am** and the **5k Run/Walk and 1.5 Mile “Walk By My Side” will start at 8 AM, followed by a Kids Challenge Half Mile at 9 AM.** Pre-registration is \$22, race-day registration is \$30; the Kids Challenge Half Mile is \$10 pre-registered and includes a commemorative shirt.

Registration includes a commemorative Challenge Cancer 5k t-shirt, awards/recognition, photography, refreshments, celebration music and announcer.

Charities Challenge Founder and President, **Gary Westlund, says** “Charities Challenge’s annual Challenge Cancer Event and ongoing Cancer Survivors RxExercise leadership programs are unique. **The primary goal of CC’s RxExercise event and programs is to serve cancer patients, and their supportive family and friends, with RxExercise (exercise prescription)** because we now know exercise is irreplaceable medicine for all of us.

For many cancer patients, an appropriate RxExercise will help them better meet the severe side-effect challenges of their cancer therapies: surgery, chemo and radiation therapies. Cancer treatment side-effects include very challenging adverse affects on muscle, bone, heart, and lung functions, and increased fatigue and depression.

Furthermore, because of medical advancements in treating diagnosed cancers most cancers are now considered chronic diseases. Now, **for patients of the most common cancers the leading cause of death is not cancer but heart disease, a disease for which RxExercise continues to be a primary preventative prescription.** So CC promotes and leads cancer patients in healthful RxExercise.

Minnesota can celebrate and learn from those “More Than Survivors” of cancers who are making remarkable comebacks from, and living well beyond, their cancer challenges.

Several cancer patients and survivors will be recognized on June 6 for being “More Than a Survivor. A Cancer-Challenged-Athlete honored at the 1st Annual Challenge Cancer 5k, **Jeanne DeMartino** of Roseville, **is returning to the CC5k Event**

stronger than ever, “living well beyond cancer” because of her continuing commitment to her own RxExercise.

As a CC Coach, Jeanne has for over six years since her own cancer diagnosis been regularly answering others’ calls to ‘Walk By My Side’ through their cancer and other health challenges. **There are very few other such experienced cancer-exercise leaders in all of Minnesota. Jeanne will continue to be recognized as an especially inspirational RxExercise leader to cancer patients and survivors”.**

CC Mission: To Improve Health/Fitness, Reduce Health Risks, and Enhance Disease Management via Goal-oriented RxExercise Training Programs, Engaging Events & Active Partnerships.

For more information, contact Charities Challenge President Gary Westlund at 612-245-9160; GaryWestlund@CharitiesChallenge.org. Learn more about Charities Challenge unique RxExercise Events at our CC web www.charitieschallenge.org